WHAT IS CLAIMED IS:

1. A universal joint yoke formed by press-forming a sheet metal whose thickness is 8mm or more, comprising:

a pair of tabs which each are formed of a flat plate extending parallel to a predetermined axis and have a first end portion, a second end portion, and an intermediate portion disposed between the first and second end portions;

a coupling portion which has an annular form enclosing the predetermined axis and couples the first end portions of the pair of tabs in a U-shape;

a cylindrical portion which extends from the coupling portion, has a center axis extending along the predetermined axis, and is united to a shaft;

a pair of relief recesses which are respectively formed on inside surfaces of the pair of tabs and disposed from the second end portions to the intermediate portions of the pair of tabs; and

a columnar relief space which is defined by the pair of relief recesses between the pair of tabs and has a center axis extending along the predetermined axis, wherein

the cylindrical portion includes a slit extending in an axial direction of the cylindrical portion.

- 2. The universal joint yoke according to Claim 1, wherein the respective tabs have a thickness of 8mm or more.
- 3. The universal joint yoke according to Claim 2, wherein

the pair of tabs each include an outside surface, and a distance between the outside surfaces of the pair of tabs is 43mm or less.

- 4. The universal joint yoke according to Claim 3, wherein the relief space has a diameter of 30mm or more.
- 5. The universal joint yoke according to Claim 1, wherein the pair of tabs respectively have a through hole, the through holes being disposed mutually coaxially.
- 6. The universal joint yoke according to Claim 1, wherein a thickness of the cylindrical portion is thinner than a thickness of the respective tabs.
- 7. The universal joint yoke according to Claim 6, wherein the thickness of the cylindrical portion is 6mm or more, and an outside diameter of the cylindrical portion is 28mm or more.
- 8. The universal joint yoke according to Claim 1, wherein a curved portion connecting an outer circumferential surface of the cylindrical portion to an outside surface of the coupling portion is provided, and a radius of curvature of the curved portion is 8mm or more.
- 9. The universal joint yoke according to Claim 1, wherein the coupling portion coupling the first end portions of the pair of tabs in a U-shape includes an inner bottom portion, and a radius of curvature of the inner bottom portion is 20mm or more.

- 10. The universal joint yoke according to Claim 9, wherein a shaving process has been applied to the inner bottom portion of the coupling portion.
- 11. The universal joint yoke according to Claim 1, wherein on the inside surfaces of the pair of tabs, a pair of relief recesses each corresponding to only a part of the intermediate portions of the pair of tabs are formed, respectively.